

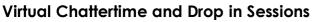








Speech and Language support





Are you worried that your child is not talking or doesn't understand you? Do you have questions or concerns about your child's communication skills? Please book onto a virtual session with a speech and language therapist

To book on, email: gst-tr.contactslt@nhs.net

Website:

www.evelinalondon.nhs.uk/communityspeechandlanauaae

Facebook: @EvelinaSLT

Free Vitamin D

Pregnant women, new mums, and children under four in the borough can get free vitamin D supplements.

HENRY Programme

This programme aims to help you feel more confident as a parent, physical activities for the little ones, what children and the whole family eats, family lifestyle habits and enjoying life as a family.

For more information, please visit https://www.henry.org.uk/



To book please email:

ast-tr.hvsupportanddevelopmentworker@nhs.net

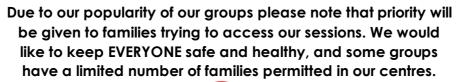
Rose Vouchers

Support to buy fresh fruit and vegetables for lowincome families and living in SE1, SE15, SE16, SE5 or SE17 If you wish to register to please phone 0207 358 2878 or email ccadmin@pilgrimsway.southwark.sch.uk

> **Rose**vouchers fruit&veg

Southwark Start for Life offer includes help with:	
Feeding your baby 🖌	Making friends and connections \checkmark
Mental health & wellbeing \checkmark	Building relationships with your baby \checkmark
Support for children special needs & disabilities \checkmark	
Early education at home \checkmark	Everyday parenting challenges \checkmark
Accessing information, advice, and your free childcare offer \checkmark	

https://services.southwark.gov.uk/





We kindly ask everyone NOT to use their mobile phones whilst in our sessions. This is for safeguarding purposes, and it is an opportunity to spend quality time with your child/ren.

> We have gone paperless to help save the environment.

> Please scan the QR Code to download the timetable and find out updates.

> > br-cc.org.uk



Download the app or visit the website for free fun activities to do with your child and have fun, play, and learn. Website: https://50thingstodo.org/

If you live in Southwark and have a child under 5, you can register to receive a FREE book every month until their 5th birthday. Sign up and make bedtime fun.

Contact us!

South Bermondsey Children and Family Hub

Tenda Road, London, SE16 3PN

Telephone: 0207 358 2878

Please visit our websites for further information

The Healthy Minds Thrive project aims to support parents and carers across Southwark (with 0-2 infants) thrive in their parenting journey. We understand that parents may experience isolation, low mood, and anxiety, worries around bonding with baby or shame about having these feelings. For more information, please email: julia.tropiano@southwark.gov.uk

50 Thinas To Do Before Five!

Dolly Parton Imagination Library

For more information please email: ccadmin@pilgrimsway.southwark.sch.uk



Ellen Brown Children and Family Centre

145 Grange Road (Spa Park) SE1 3EU

Pilgrims' Way Children and Family Centre

Tustin Estate, Manor Grove, SE15 1EF

Rotherhithe Children and Family Centre

Southwark Park (Hawkstone Road entrance) SE16 2PF

ccadmin@pilgrimsway.southwark.sch.uk

http://br-cc.org.uk/br-cc/

Healthy Minds Thrive Project